

PRIMROSE'S January Menu

<p>4th A.M Snacks : Choice of cereal & Milk Lunch Steamed rice & Sweet Sour Fish & vegetarian soup P.M. Snacks:Tropical fruit salad with Mango sauce Dinner : Chicken fillets & rice noodle soup</p>	<p>5th A.M Snack: Frech Toast & honey Lunch Chicken kebab & chips P.M. Snack:Chocolate ice cream cake with banana Dinner Penne & chicken goulash</p>	<p>6th A.M. Snacks : Creamy Rice Pudding Lunch Beef Lasagne & garlic bread P.M. Snack: Banana&honey sandwich Dinner Creamed of tomato & mini pasta</p>	<p>7th A.M. Snack: Fruits & yogurt Lunch Roasted chicken & potato & rich gravy P.M. Snack: Belgium Waffles Dinner Chicken & egg fried rice</p>	<p>8th A.M. Snack :Boiled eggs & salad Lunch Tofu & egg noodles stir fry in plum sauce P.M. Snack : Eggs & Mayo Sandwich Dinner creamy Leek & potato soup & wholemeal buns</p>
<p>11th A.M. Snack: Waffles & honey Lunch Roasted chicken & potato & rich gravy P.M.Snacks: cheese sandwich Dinner Chicken & egg fried rice</p>	<p>12th A.M. Snack:Scramble eggs & toast Lunch Chicken Phad Thai noodle P.M.Snacks: Chocolate croissant Dinner Penne & chicken goulash</p>	<p>13th A.M.Snack:Oatmeal Milk & honey Lunch Baked Fish in creamy spinach sauce & Olio Lemon Pasta P.M.Snack: Strawberry & wafer ice-cream Dinner Penne & chicken goulash</p>	<p>14th A.M. Snack: Brown toast & jam Lunch Creamy classic Mac & Cheese P.M.Snack:Tuna & Mayo Sandwich Dinner Olio Spaghetti & sun-dried tomato</p>	<p>15th A.M.Snack : Pancakes & jam Lunch Baked Pasta with fish & cheesy & parsley sauce P.M.Snack : Selection of crackers & cheese & grapes Dinner New England clam chowder & toasted buttered buns</p>
<p>18th A.M Snack:Mini Croissant Lunch Fluffy steamed rice & gravy chicken stew&carrots P.M.Snack: Carrot cake Dinner Creamy mushroom soup & pasta</p>	<p>19th A.M.Snack: Triangle Baked Cheese Omelette Lunch Shepherds Pie & peas Snacks : Banana & chocolate waffles Dinner Sweet& sour rice noodle soup</p>	<p>20th A.M. Snack: Creamy cheese Sandwich Lunch tomato rice & chunky chicken teriyaki P.M.Snack: Natural yogurt & fruits Dinner Stir fry tofu & Singapore rice noodle</p>	<p>21st A.M.Snack: Selection of Fruits & yogurt Lunch Beef Lasagne & garlic bread P.M.Snack:Vegetables spring rolls Dinner Creamed of tomato & mini pasta</p>	<p>22nd A.M.Snack:Fruit Yogurt Lunch Homemade chicken gujon & homemade chips P.M.Snack: Chicken Ham & cheese sandwich Dinner Ramen Noodles soup & steamed broccoli</p>
<p>25th A.M.Snack: Choice of cereal & Milk Lunch Fish fingers & mashed potato P.M.Snack:Chocolate chips brioche Dinner Spaghetti & chicken meatballs in tomato sauce</p>	<p>26th A.M.Snacks : Scramble eggs on toast Lunch Chicken broth rice & chicken kofta P.M.Snacks : Pancakes & honey Dinner : Classic Garlic macaroni cheese</p>	<p>27th A.M.Snack: Creamy cheese on toast Lunch Ramen s& chicken stir fry noodle P.M.Snack: Selection of fresh fruits Dinner Beef Shepherds Pie</p>	<p>28th A.M. Snack: Fruit Salad & sauce Lunch Spaghetti Bolognese & garlic bread P.M.Snack: Banana fritters & ice cream Dinner Creamy broccoli soup top with parmesan & crusty bread</p>	<p>29th A.M Snack: Choice of Cereal & Milk Lunch Roasted chicken & ginger with steamed rice & clear soup P.M.Snack: Banana Cake Dinner Baked Fish Pasta in tomato & cheese sauce</p>

Healthy boast-energy Breakfast is served daily between 7 & 9 a.m. Variety of daily specials of crepes, pancakes, waffles, any style eggs, cereals, fresh fruits & vegetables, fruity yogurts & homemade granolas.

Lunch & Dinner is accompanied with fresh or steamed vegetables of the day. Dinner is served at Chef's favourite pick of the day !